Vancouver metro

TUESDAY, NOVEMBER 15, 2016

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Your essential daily news | TUESDAY, NOVEMBER 15, 2016 High 9°C/Low 7°C Showers

The tug boat Nathan E. Stewart in the waters of the Seaforth Channel near Bella Bella on Oct. 23.
THE CANADIAN PRESS

DAMAGE SINKS IN
Heiltsuk Nation blasts 32-day ordeal as downed tug boat is finally recovered metroNEWS

Condo sales starting to cool off

HOUSING CRISIS

Drop in listings, prices mirror single family homes market

Jen St. Denis
Metro | Vancouver

So far it's been a tale of two real-estate markets in Metro Vancouver, as detached homes slumped, but condos and townhomes remained in high demand.

It's the story the Real Estate Board of Greater Vancouver continues to tell following the B.C. government's surprise 15 per cent property transfer tax on foreign nationals and the federal government's recent move to tighten mortgage requirements.

"We're certainly seeing the strata properties doing very, very well in most areas, however, there's no question that the detached market is taking a bit of a hit," said Dan Morrison, president of the Real Estate Board of Greater Vancouver.

But on the ground, things look a little different, said Steve Saretsky, a real-estate agent who specializes in downtown and Westside condos in Vancouver.

"It's still the case that they're very different markets, but the gap is narrowing," Saretsky said.

Statistics published by REBGV show that prices have fallen for most property types in most neighbourhoods. MLS statistics show the benchmark price for a condo on Vancouver's Westside fell 2.5 per cent between July and October. But, "from what I see it's down five per cent," Saretsky said, basing the statement on his own regular tracking of property selling prices.

Between 2015 and 2016, home prices in Metro Vancouver increased at nosebleed levels, in some areas rising 40 per cent over the course of a year. While the price increase began in the detached home market, it also affected the condo and townhome market as well as the outer suburbs.

Saretsky believes that effect is now continuing in reverse, with detached homes being the first to slow while condos, and then suburban properties will likely follow.

Morrison sells real estate in West Vancouver, where the number listings dropped 72 per cent between August and October 2016, compared to the same period in 2015. Sellers who are able to wait are sitting on the sidelines right now, waiting to see what the traditionally busy spring period will bring, he said.

That's what concerns Saretsky. Both buyers and sellers are currently sitting the market out, but if sellers flood the market in the spring with a lot of inventory, "that's what could potentially topple the market."

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metro NEWS

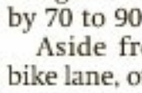
Your essential daily news

McDonald's has made a Nutella Burger. Yes, really. **World**

Redesign not all about bikes: City

HEALTH PRECINCT

Critic says new 10th Avenue has compromised needs of seniors



Jen St. Denis
Metro | Vancouver

An artist's rendering of the proposed changes to Vancouver's 10th Avenue, including the separated bike lane. COURTESY CITY OF VANCOUVER

The City of Vancouver says a new separated bike lane on 10th Avenue is part of an overall design change to make the street safer for pedestrians, cyclists and drivers who use the busy health-care area.

But people who use the health services continue to be concerned that accessibility will be worsened by the changes.

"We've looked at all the collision types that are happening on this corridor and are anticipating that a large majority of the collisions types that we see today will be eliminated or mitigated as a result of this design," said Lon LaClaire, the city's director of transportation.

Accident statistics show that over the past seven years, there have been 69 incidents of cars hitting either pedestrians or cyclists along the corridor. The city estimates the street redesign could reduce collisions by 70 to 90 per cent.

Aside from the proposed bike lane, other improvements include better signage, new crosswalk markings and raising some intersections to sidewalk-level.

Colleen McGinnis, chair of the city's seniors advisory committee, says the new design puts the safety of cyclists ahead of the needs of the elderly and those with disabilities because it will remove 84 parking spots along 10th Avenue.

"Trying to find a solution that deals with able-bodied commuter bike riders and frail, elderly and disabled (people) is just impossible," said McGinnis. While 10th Avenue has been a designated bike street for years, McGinnis suggested cyclists could either use 7th Avenue, or the city could move the bike street altogether, perhaps to 12th Avenue.

The city is proposing to redesign and rebrand 10th Avenue from Oak Street to Yukon Street as Vancouver's "Health Precinct," an area that includes Vancouver General Hospital as well as several other health facilities such as an eye care centre and an arthritis clinic.

> **I remain doubtful that we would see a big drop in cycling on 10th.**
> Lon LaClaire

The redesign includes replacing street parking with a separated bike lane, and building a new surface parking lot with room for 116 vehicles, meaning total parking would increase by 20 spots. LaClaire acknowledged that for some health care users, the new surface parking lot will put them about two blocks away from their destination.

Fourteen of the lost street parking spots will be repurposed as passenger drop-off spots, and the city is open to allowing people to park there for between 15 and 30 minutes if drivers need to assist their passengers into a building, LaClaire said.

Turning 12th Avenue into a bike street is doable, but would have a bigger impact on traffic flows, LaClaire said.

"We'd have to reallocate two traffic lanes, but for an arterial of this nature would have a big, big traffic impact," LaClaire said.

"Having said that, even if we did, I remain doubtful that we would see a big drop in cycling on 10th."

The city will be hosting open houses on the plan starting Nov. 22.

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Salvage boats prepare to haul up the sunken tugboat Nathan E. Stewart on Monday, which ran aground 32 days earlier near Bella Bella, B.C. KYLE ARTELLE/CONTRIBUTED

Chief: Recovery has hardly begun

MARINE SAFETY

Trudeau calls incident at Bella Bella 'unacceptable'

David P. Ball
Metro | Vancouver

The fuel-leaking sunken tugboat off Bella Bella, B.C., has risen. But the legacy of more than 100,000 litres of diesel spilled is just starting to sink in for Heiltsuk First Nation.

Salvage crews took 32 days to finally haul the Nathan E. Stewart off the ocean floor on Monday — and away from the clam beds upon which Heiltsuk depends.

The day was bittersweet for the band, however, as its leaders observed the hours-long crane operation to lift the submerged vessel off a reef in the Seaforth Channel.

"The Heiltsuk Nation has waited for this moment since Day 1 of this disaster," said Chief Coun. Marilyn Slett of the Heiltsuk Tribal Council. "Removing the tug means that it can't cause any further diesel or oil contamination in our waters, and is the first step in what we know will be a lengthy cleanup and recovery process."

The craft may be gone from the waters, but not its contents. Since sinking on Oct. 13, it leaked more than 100,000 litres of diesel and 2,000 litres of oil into the environment. In the weeks since, a whale and several other mammals have washed up dead nearby.

"Our recovery has hardly begun," Slett added.

The ordeal has also heightened her nation's fears over shipping heavy oil by tankers through its territories. And it's renewed the calls for a ban on all oil tanker traffic on B.C.'s northern coast.

The First Nation has raised concerns about marine safety for years, including warning about the Nathan E. Stewart, the very boat that ran aground while pushing an empty barge through B.C. waters en route for Alaska.

The nation's warnings about shipping traffic through its treacherous coastal waters were reinforced by three further incidents during the ensuing rescue and cleanup operation. On Oct. 19, one of the boats responding to the tug accident was itself swamped by water, forcing the rescue of its crew and the craft's removal from operations.

Two days later, the booms meant to contain the fuel spill broke open, and on Nov. 6, another barge carrying gravel nearby flipped over and sunk.

In Vancouver on Nov. 7, Prime Minister Justin Trudeau — announcing $1.5 billion for marine safety over five years — told reporters, "The ongoing incident at Bella Bella is unacceptable. It's time for a change."

WITH FILES FROM THE CANADIAN PRESS

People with knee osteoarthritis needed for a research study!

The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers aged 50 and older with knee osteoarthritis to participate in a study involving a knee radiograph, three 2-hour visits at UBC to assess walking characteristics, and a four-month supervised walking exercise program.

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UBC

Police identify slain armed robber

SHOOTING

Man held clerk at knifepoint while stealing firearms

David P. Ball
Metro | Vancouver

The man killed by Vancouver police in the Canadian Tire's Grandview outlet — after a robbery attempt that saw a store worker and an officer stabbed and an elderly customer taken hostage — has been identified as Daniel Peter Rintoul.

The B.C. Coroner's Service revealed the 38-year-old's name Monday morning and announced the province's Independent Investigations Office will continue to investigate the shooting.

The incident occurred around 3 p.m. on Nov. 10, after police responded to a robbery-in-progress in which a staff member at the Canadian Tire store at 2830 Bentall St. "suffered a knife wound," according to a Coroner's statement.

"An interaction between Mr. Rintoul and police ensued," the statement added, "and Mr. Rintoul was shot. He was pronounced deceased at the scene."

According the a VPD press release on Nov. 11, Rintoul was "dressed in camouflage" when he entered Canadian Tire, "stabbed a store clerk in the back and across the neck, and began removing firearms from the gun cabinets.

"The suspect abandoned the weapons and began making his way to the exit … On his way out of the store he grabbed hold of a customer, an 82-year-old man, and held him hostage."

He then exited into the parking lot with the hostage "at knifepoint," and stabbed a five-year VPD veteran "multiple times including in the head and abdomen. Police shot the suspect and he died at the scene."

Police outside a Canadian Tire store in Vancouver last Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

CHINATOWN

Two detained after gun fired into taxi

Vancouver police detained two "people of interest" after an early-morning shooting Monday sent a taxicab passenger to hospital in the city's Chinatown neighbourhood.

The pair in custody were questioned, but no charges were filed by Metro's deadline. But a police spokesman said it appeared the 29-year-old victim and her male co-passenger had been in "an ongoing disagreement" before the shooter fired a gun into the taxi from outside, breaking its rear window.

"It looks like there was an altercation between two groups of people in front of the Tim Horton's at Pender and Abbott," VPD spokesman Const. Jason Doucette told Metro. "It sounds like it was just verbal at that point, but it appears the people involved in that altercation are the same people involved a short time later in the cab."

Doucette said the woman is expected to recover in hospital and did not receive life-threatening injuries. The force's Major Crimes Unit is investigating, he added, and is seeking witnesses as well as video footage in the area.

DAVID P. BALL/METRO

Vancouver police at the scene of a shooting in Vancouver's Chinatown last Monday. DAVID P. BALL/METRO

SKYTRAIN

Station renovations will cause delays

Jen St. Denis
Metro | Vancouver

Metro Vancouver residents who regularly use Metrotown Station should prepare for an extra five to 10 minutes to get from the Skytrain station to the mall, office towers or bus loop.

The existing overhead walkway that links the station to the mall will be closed starting Nov. 16 so that crews can begin to demolish the east entrance of the station. Commuters will have to take the stairs down to street level and walk along Central Boulevard to access the bus loop or mall. There is currently no escalator access into the station, only stairs.

People with mobility issues can continue access HandDART or community shuttles that run between Patterson Station and Metrotown, according to TransLink.

The work is part of an ongoing Metrotown Station redesign that will include the addition of three elevators, new stairs and escalators and an upgraded bus exchange on Central Boulevard.

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Have a boat, Ireland — it's on the house

SPECIAL DELIVERY

Canadian man sends a gift to homeless youth across an ocean

Declan Murphy's nephews outside the houseboat. COURTESY DECLAN MURPHY

Almost 3,300 kilometres away from where it started its voyage, a Canadian houseboat mysteriously washed up on the shores of Cross Beach in Belmullet, Ireland, early Monday morning.

The Ballyglass Coast Guard secured and pulled the boat out of the water. An onlooker described it as an "unusual vessel."

During its investigation, the coast guard found a message written on the walls: "I, Rick Small, donate this structure to a homeless youth. To give them a better life that Newfoundlanders choose not to do! No rent. No mortgage. No hydro."

Photographs of the boat, described as a combination of "scraps," have been shared widely, publicized by Irish media outlets. Quite a few people made their way out to the beach to take a look inside the craft.

"(I was) intrigued to see how this man-made vessel from all sorts of leftover materials … could make such a treacherous journey," Declan Murphy, a U.K. resident who is visiting his parents in Belmullet, said.

After hearing about the incident on local radio, Murphy decided to bring his two nephews down to the beach to see the vessel. Murphy described the craft as made out of car tires and wood planks, and held together with what appears to be "road tar."

Just as mysterious as the vessel's appearance is the whereabouts of the person who appears to have built it. Rick Small, a native of Thunder Bay, Ont., is known as the man who rode from B.C. to St. John's on a solar-powered bike in 2015.

TORSTAR NEWS SERVICE

SPIES

Don't get caught catching 'em all

Canada's spies are guarding against a new threat to operational security: Pokémon.

Canada's electronic spy agency issued guidelines for spooks and employees playing Pokémon Go, a popular augmented reality game.

Because the game requires location and camera data to play, it poses a risk to people who would rather not be tracked: like employees of the Communications Security Establishment (CSE), Canada's electronic spying agency.

AFP/GETTY IMAGES

The guidelines were circulated by CSE's American counterpart, the National Security Administration (NSA).

"Note that the information (used) by the game in the course of regular play could be used to deduce pattern of life," the unclassified memo reads.

The agency also recommended creating a dummy Google account, using a fake name not associated with your other online activities, like "Professor Oak."

CSE noted that camera data could be used to deduce location.

TORSTAR NEWS SERVICE

IN BRIEF

Possible drone incident injures two near Toronto

A drone? A weather balloon? A piece of garbage swept up by the wind?

The pilots of a Porter Airlines flight inbound to Toronto on Monday morning were forced to put their plane into a sudden dive to avoid a mid-air collision with an unidentified object high over Lake Ontario, causing minor injuries to two flight attendants.

Now investigators with the Transportation Safety Board of Canada are looking into exactly what the pilots had to avoid. THE CANADIAN PRESS

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A four-part special focus

Got it right

The National Arts Centre is one of only four Crown corporations where women outnumber men at the board table.

Ryan Tumilty
Metro | Ottawa

Most Crown corporations fall short of gender parity on their boards — but a select few do have more women than men.

A Metro Ottawa analysis found only four of the 42 federal Crown corporations have boards with more women than men.

Those boards are:

- The National Arts Centre, where five of the nine current board members are women;
- The Federal Bridge Corporation, where five of the seven board members are women;
- The International Development Research Centre, where seven of the 12 board members are women; and,
- The Canadian Museum for Human Rights, where seven of the 10 board members are women.

The NAC's board chair, Adrian Burns, said the balance on their board was not something they deliberately sought out, but it reflects a strong group of applicants.

"It was merit-based, because they were all on a list of three to four finalists," she said.

"Their contribution is most certainly equal to any other group that could be or has been appointed."

Burns, who also serves on several private boards, said she doesn't notice a large difference with the majority female board, but she says she believes that women do have different approaches than men.

"They're very detail-oriented, and so I think we probably have a level of scrutiny that would match any board anywhere, corporate or Crown," she said.

She said the NAC is always trying to expand its reach, highlighting the search for a new artistic director of Indigenous Theatre.

She said that's just one example of where they are trying to better reflect Canada's diversity, and she hopes the federal government considers that when they make their board appointments.

"We would hope that the government is looking towards that for our board members as well."

Others who got it right

- Federal Bridge Corporation (5 out of 9 board members are women)
- International Development Research Centre (5 out of 7 board members are women)
- Canadian Museum for Human Rights (7 out of 10 board members are women)

Adrian Burns, top, and her NAC board CONTRIBUTED

Board of the Laurentian Pilotage Authority. CONTRIBUTED

Got it wrong

The Laurentian Pilotage Authority and the Canadian Dairy Commission are the only Crown corporations currently without any women on their boards.

The only thing in the photograph of the Laurentian Pilotage Authority's board that sticks out is the bow tie.

The seven members of the Crown corporation's board are all white – and all men.

A review by Metro Ottawa found the authority, along with the Canadian Dairy Commission, are the only two of the federal government's 42 Crown corporations without any women on their boards.

The authority manages sea traffic in the St. Lawrence River, helping to guide large ships through the river and into harbours.

Pilotage authority CEO Fulvio Fracassi said they're aware there is a problem and they are encouraged by the federal Liberal government's efforts to open up board memberships.

"The Laurentian Pilotage Authority is fully supportive of this initiative and we're collaborating with the minister's office and Transport Canada," he said.

Fracassi said that while the federal cabinet approves the agency's board members, they reach out to industry to find suitable candidates and are encouraging companies to look within their ranks for potential board members.

He said some of the current board members' terms have expired and they hope to have replacements soon.

The government has three other Crown Corporations with similar mandates — the Great Lakes Pilotage Authority, which has seven seats and one woman on its board; the Pacific Pilotage Authority, which has seven seats and three women; and, the Atlantic Pilotage Authority, which has seven seats and three women.

Others who got it wrong

- Canadian Dairy Commission (Not one of the board members is a woman)
- Great Lakes Pilotage Authority (1 out of 7 board members is a woman)
- Marine Atlantic (1 of the 10 board members is a woman)

> **The industry itself is not very diverse.**
> Pilotage authority CEO Fulvio Fracassi

The industry remains largely male-dominated, Fracassi said, making it harder to find candidates from which to draw.

"The industry itself is not very diverse," he said.

"If you look at the number of pilots it's primarily composed of men."

No one from the Canadian Dairy Commission was available to speak with Metro, despite repeated attempts over several days.

RYAN TUMILTY/METRO

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When Putin calls, Trump answers

U.S. POLITICS

Russian leader, president-elect talk terrorism, stronger ties

Vladimir Putin called Donald Trump on Monday to "offer his congratulations." LEFT: THE ASSOCIATED PRESS; RIGHT: AFP/GETTY IMAGES

Russian President Vladimir Putin and President-elect Donald Trump spoke over the phone Monday to discuss future efforts to improve U.S.-Russian ties, the Kremlin and Trump's office said.

"President-elect Trump noted to President Putin that he is very much looking forward to having a strong and enduring relationship with Russia and the people of Russia," Trump's office said in a statement.

The Kremlin said that Putin congratulated Trump on his victory and expressed Russia's readiness to "establish a partner-like dialogue with the new administration on the basis of equality, mutual respect and non-interference in domestic relations."

Trump's office said that Putin called him to "offer his congratulations on winning a historic election."

"During the call, the two leaders discussed a range of issues including the threats and challenges facing the United States and Russia, strategic economic issues and the historical U.S.-Russia relationship that dates back over 200 years," it said.

In its readout of the phone call, the Kremlin added that both Putin and Trump agreed that the U.S.-Russian ties are in "extremely unsatisfactory" condition now.

"They spoke for active joint work to normalize ties and engage in constructive co-operation on a broad range of issues," it said, adding that Putin and Trump emphasized the need to develop trade and economic co-operation to give a strong basis to U.S.-Russia relations.

Putin and Trump also agreed on the need to combine efforts in the fight against their No. 1 enemy — "international terrorism and extremism" — and discussed the settlement of the Syrian crisis in that context, according to the Kremlin.

It said that Putin and Trump agreed to continue phone contacts and to plan a personal meeting in the future.

Trump said during the presidential campaign that he wants to be friends with Russia and join forces in the fight against Daesh, yet he outlined few specifics as to how he would go about it.

THE ASSOCIATED PRESS

MCDONALD'S

Yes, they made a Nutella burger

McDonald's Italy has added a new item to its menu: the Nutella burger.

The announcement of the "Sweety con Nutella" on the restaurant's Italian Facebook page late last week caused an online frenzy.

Before panic could set in, it became clear that the "burger" is, in fact, meatless.

It consists of only a bun filled with Nutella.

By midday Monday, the Facebook post had been shared more than 90,000 times and received more than 73,000 comments.

COURTESY MCDONALD'S ITALIA

The burger will cost two euros and be served at all 540 McDonald's and McCafés in Italy, according to a press release.

"Sweety is the sweetest burger ever sold at McDonald's," read the press release.

Social-media users from across the world rejoiced over the fast food chain's newest menu addition. But many were disappointed it's not yet offered outside of Italy.

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metro VIEWS
Your essential daily news
Tuesday, November 15, 2016

REFLECTION

Never far from Fidel

When Metro graphics editor **Andres Plana** found a picture of his grandmother cheering Fidel Castro in a 1959 issue of Life, he uncovered a part of his family's history and gained new perspective on the world and the power of photography. As Justin Trudeau embarks on a historic trip to Havana, Andres reflects on the regime that altered the course his life.

Andres Plana
Metro | Toronto

A scan of the original Life magazine spread documenting Castro's parade in Havana

Chiche Cabrera's face among the jubilation

Recently, I was in a WhatsApp group chat with members of my rather large extended family. Hailing from Latin America, we've dispersed around the world looking for better lives. Some have gone as far as China and Dubai. We maintain this chat as the best way to stay in touch.

On this particular day, out of nowhere, my brother posted an image with Fidel Castro shaking hands with a crowd in Havana. Not knowing what it meant, I disregarded it until my girlfriend told me my grandmother and aunt could be seen in the crowd.

Shaken, I immediately called my grandmother, Maria Amparo Cabrera de Plana (everyone calls her "Chiche"), in Miami. "Oh yeah, the photo with Fidel," she said, as matter-of-factly as could be. She sounded almost purposefully unimpressed.

I was suddenly obsessed with finding a physical copy of the photo, which my family told me had been published in Life Magazine. I searched public libraries, I contacted the archives at Time Inc. and I scoured Amazon and eBay, where eventually I found two copies of the Jan. 19, 1959, edition, dedicated to the man whose charisma helped drive the Cuban revolution to victory.

I had the magazine, but it still wasn't enough. My grandmother had been present — physically present — at a moment that changed the world. I had to talk to her in person.

I bought a ticket to Miami and soon found myself blasted by AC while sitting in my aunt's dining room. My father, my sister and I wide-eyed and rapt, my beautiful grandmother dressed up because she knew she was getting her photo taken — all of us flipping through that issue of Life, page by page, travelling back in time.

The cover of Life's Jan. 19, 1959, issue

It was 1959. The revolution led by Fidel Castro, his brother Raul and Ernesto "Che" Guevara had just taken down the dictator, Bautista. It was a time of celebration. Castro didn't have to hide during those early parades, my grandmother said. (A curious remark, it seemed to me.) "He had his route planned," she told me, in Spanish. "He wanted there to be lots of people on the streets with him."

The euphoria of that day didn't last, of course. The imprisonments, the executions, the fear — they came quickly.

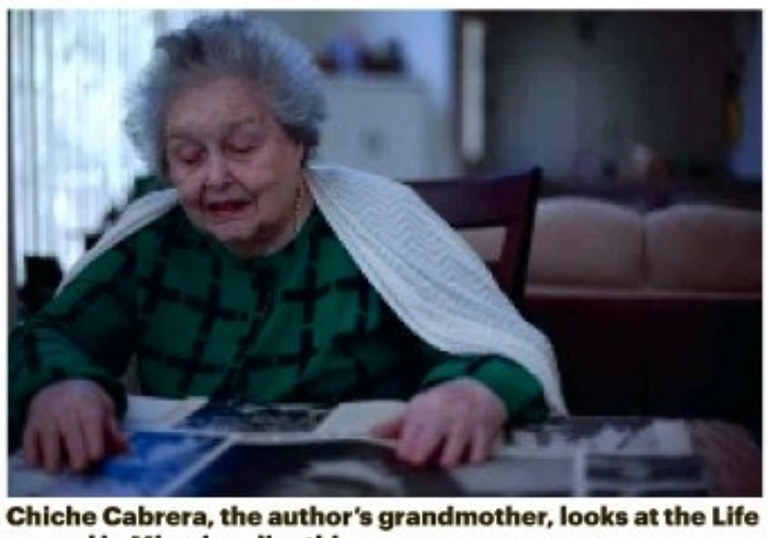
Within six months, my grandparents, along with my dad and his two siblings, had fled to Mexico. Ten years later, they moved to Venezuela — where I was born — to follow the oil industry. Cut to 1998: Venezuela elects Hugo Chavez, who cultivates a close alliance with Cuba. Once again, the story of my family became entangled with Castro.

Over time the situation in Venezuela deteriorated. Eventually we decided, again, that we needed to leave. This is how I came to Canada.

Today, Justin Trudeau travels to Cuba, and for a third time the public legacy of the old revolutionary-turned-dictator intersects with my family. I hope this time it's for the best.

I don't want to hate Fidel Castro. After all, in a weird way, he made me what I am.

Still, I know that I'll always have someone to blame for the sadness I feel when I wave goodbye to my family at the airport, hoping to see them again soon.



Chiche Cabrera, the author's grandmother, looks at the Life spread in Miami earlier this year. ANDRES PLANA/METRO

Vancouver needs to prepare itself for Trump refugees

CITY HOLLER

Trish Kelly

You don't have to be an American to be gobsmacked by Donald Trump's imminent ascension to the White House.

You only need to be a person of colour, a woman, a queer person, a non-Christian, an immigrant, or a person who generally wants to think that the world can be a more just place.

Many of us feel depressed, despondent or hopeless. As an urbanite who works my butt off for social justice, I think it's important to remember that cities didn't vote for Trump. The orange president-elect won the rural vote, but cities did not succumb to the xenophobic insanity. The day after the election, protests erupted in 25 of America's biggest cities. People held placards rejecting Trump as their president.

In Seattle, Mayor Ed Murray assured the audience at a post-election rally, "Seattle is the same city today that it was yesterday… guided by equality and inclusion and openness."

Seattle, which calls itself a Sanctuary City, is part of movement of nearly 300 cities and counties across America that have set policies that prohibit police and other municipal services from inquiring about immigration status when it's not necessary — for example, when someone is seeking medical help or reporting a crime.

You can imagine Trump's thoughts on sanctuary. During the campaign, Trump threatened to cut funding to cities that have a sanctuary policy. It's now a real threat for places like Seattle, but Mayor Murray won't waver. And neither should we.

In April of this year, the City of Vancouver adopted an Access Without Fear policy that is the first steps towards Vancouver really becoming a Sanctuary City. Byron Cruz, community organizer with Sanctuary Health, a group that advocates for immigrants mired in red tape while attempting to access health services, tells me that he is already hearing from Americans of Mexican origin who are wanting to flee the States.

He doesn't call them immigrants, Cruz calls them refugees.

With Trump soon moving into the White House, we need to prepare Vancouver for Trump refugees. And we all need to embrace the idea of making Vancouver a real sanctuary for the marginalized people Trump is aiming to rob of their human rights and any feelings of personal safety. We need to hold tight to our values as a progressive city and make a safe space here for each other, regardless of immigration status, the colour of skin, or the gender of our spouse.

Byron Cruz told me he thinks opposition to Trump's hate will be the reason we all finally come together to really fight for justice.

Such brave optimism is what we need right now.

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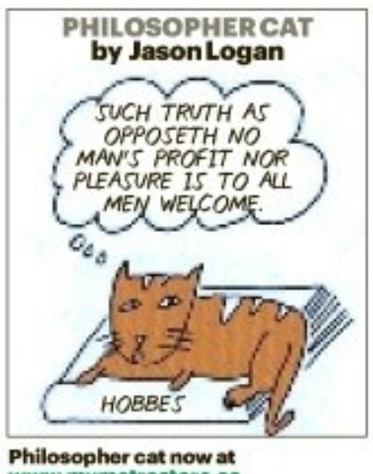

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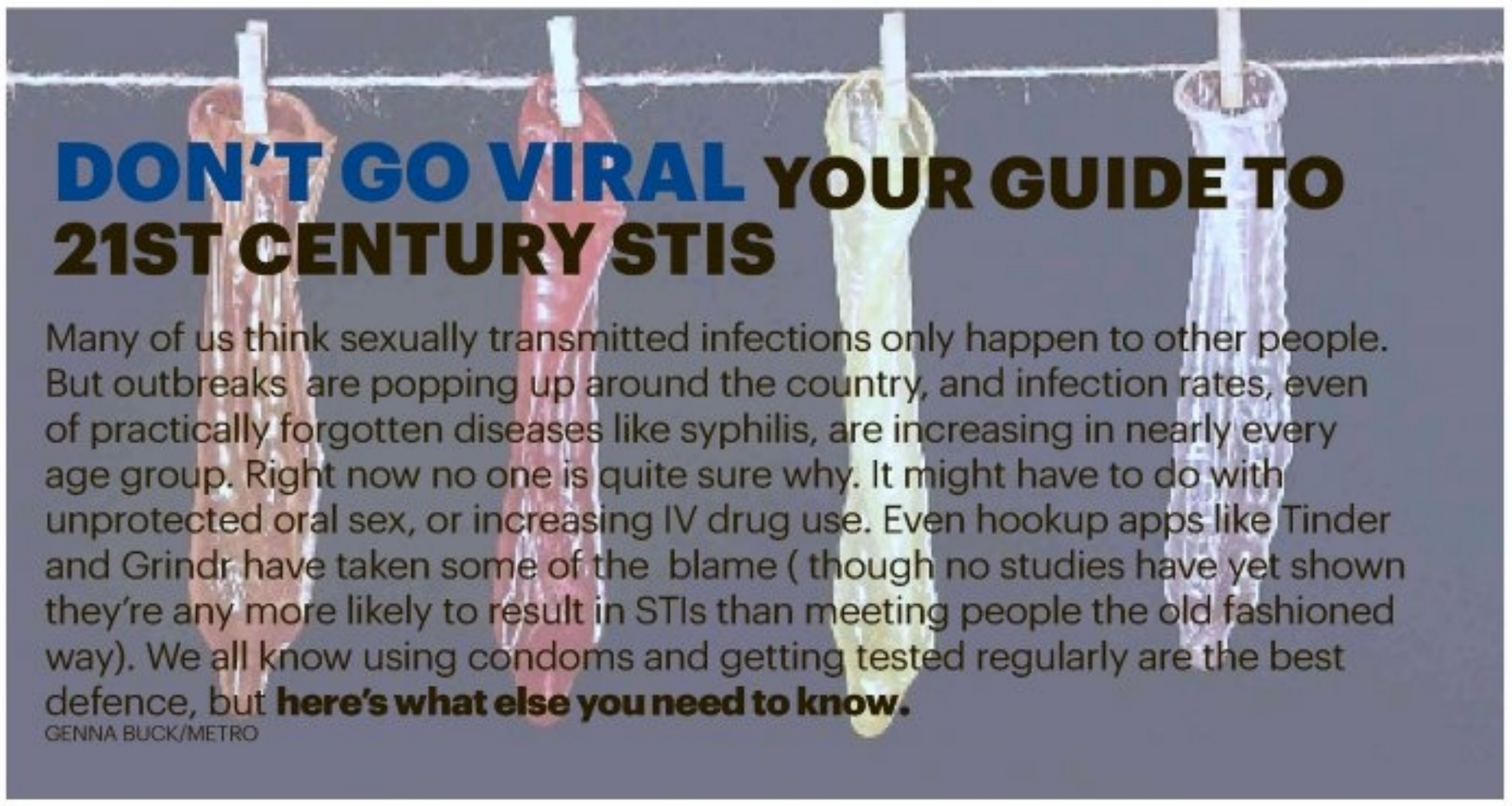
Judge orders Brendan Dassey, one of the subjects featured on Netflix's Making a Murderer documentary, released from prison.



DON'T GO VIRAL YOUR GUIDE TO 21ST CENTURY STIS

Many of us think sexually transmitted infections only happen to other people. But outbreaks are popping up around the country, and infection rates, even of practically forgotten diseases like syphilis, are increasing in nearly every age group. Right now no one is quite sure why. It might have to do with unprotected oral sex, or increasing IV drug use. Even hookup apps like Tinder and Grindr have taken some of the blame (though no studies have yet shown they're any more likely to result in STIs than meeting people the old fashioned way). We all know using condoms and getting tested regularly are the best defence, but **here's what else you need to know.**

GENNA BUCK/METRO

CHLAMYDIA

What is it? A bacterial STI that can cause itching, discharge and burning during urination in both sexes. Women sometimes have bleeding between periods or after sex, but often have no symptoms at all. In the long term, it can cause pelvic inflammatory disease in women and infertility in both sexes. It may infect the eyes, mouth and rectum as well.

What's new? Chlamydia has been rising in Canada since the 1990s. It increased by 72 per cent from 2001 to 2010 alone.

HERPES

What is it? Genital herpes is a common infection caused by the same virus as cold sores. In some people, it appears as an outbreak of blisters around the genitals, rectum or mouth. They burst and leave painful sores that take weeks to heal. Herpes is lifelong, but outbreaks usually become less severe and frequent as years pass.

What's new? Several therapeutic vaccines (for people who already have herpes) are in the works. A 12-month clinical trial published last month found a 65 per cent reduction in outbreaks among people who had the vaccine. And there's hope for a preventative vaccine in the future.

What can be done? Condoms lower the risk of passing on herpes, but don't eliminate it. Antiviral medications can help clear up an outbreak and reduce your chance of infecting someone else.

SYPHILIS

What is it? Syphilis is a bacterial infection that can progress into a devastating disease if left untreated. It's spread by sex as well as from mother to child. In adults, syphilis usually starts with a firm, painless, often-overlooked sore called a chancre on the genitals. Second-stage symptoms are fever, malaise, headache and a spotty red rash. The infection can then hibernate in the body for up to 15 years before reappearing in any number of nightmarish forms: As a progressive, severe neurological and psychiatric condition, as heart disease, or as large, tumour-like lumps all over the body.

What's new? Toronto has seen a scary spike in syphilis over the past year, mostly in gay men. Public health officials think unprotected oral sex may be to blame.

What can you do? Use condoms! Thanks to antibiotics, syphilis is now curable. It has a nasty habit of showing up in people who have HIV, and it's one reason it's important to have safe sex even if you're HIV positive and only have sex with other HIV-positive people. That's true for many STIs: One type often leads to another, because sores or irritated skin give germs an easier path into the body.

HPV

What is it? Human Papilloma Viruses (HPV) are sexually transmitted viruses that cause genital warts and can lead to heck, neck, mouth, throat, cervical and penile cancers.

What's new? There's been a steep rise in mouth and throat cancers in Canadian men (56 per cent between 1992 and 2012). Smoking and drinking are definitely culprits. But emerging research shows HPV is a much more important risk factor than previously thought.

What can you do? HPV is crazy common, and because it infects many parts of the body, condoms only provide partial protection. For women, getting a pap test every three years (or more often if you're high risk) can catch HPV-related changes early, when they're more treatable.

Vaccinations are available for boys, girls and adults (coverage varies by province) against the nastiest strains of HPV. They've been shown to dramatically reduce cervical cancers caused by the virus.

WHAT TO SAY?

Asking a new partner about STIs, or telling them you have one, is just the worst. But it has to be done, says Jenelle Marie Pierce, founder of The STD Project. Deciding how and when to tell a partner you have an STI is even tricker: It's not the most important thing about you, so disclosing on a first date seems like a bit much. But if you wait until you've gotten close, the news can come as a shock. Pierce has only one rule about when to disclose: **You have to have the conversation before you have sex — any kind of sex.** Her advice: Talk in person, in private (no texts!). Be honest and positive about yourself and your STI, share the facts in a no-nonsense way and answer questions. Then leave, and give them some time to digest the facts on their own.

GONORRHEA

What is it? A bacterial STI with very similar symptoms and long-term consequences as chlamydia, though it's much less common. Only a lab test can tell for sure. Unlike chlamydia, gonorrhea can, rarely, cause a serious disease with high fever and swollen joints.

What's new? Gonorrhea increased by 40 per cent from 2003 to 2012. Some cities, like Toronto, have seen a jump since 2015.

What can be done? Condoms and testing are the best defences against chlamydia and gonorrhea. Treatment is antibiotics. For gonorrhea, which is resistant to all but a few, you might need several different drugs.

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Don't get burned by the recent charcoal hype

COSMETICS

Experts say it isn't helping our teeth, skin and hangovers

Lauren Pelley
Torstar News Service

Lauren Pelley, pictured, didn't see any difference in her skin after using a charcoal face mask. CONTRIBUTED/TORSTAR NEWS SERVICE

According to bloggers and women's magazines, the beauty benefits of activated charcoal are numerous. You can use charcoal face masks to unplug your pores, charcoal toothpaste to whiten your smile, and drink charcoal-infused juices to "detox" your gut.

Last year Allure called activated charcoal "the beauty ingredient of the moment. And on Gwyneth Paltrow's blog Goop, a Hollywood juicery's charcoal lemonade made her best juice cleanses round-up. It is called "delicious, despite the suspiciousness of drinking montmorillonite clay and activated charcoal." You'll also find the black stuff in everything from face creams to ingestible capsules. But does it live up to all the hype?

After testing out a charcoal face mask for myself — a $35 offering from Clinique that made my skin feel temporarily extra tight and oil-free — I went to the experts.

Clare Wiseman, an assistant professor with both the Dalla Lana School of Public Health and with the University of Toronto's School of the Environment, explains activated charcoal is created by burning material — ranging from petroleum-based products to coal, wood, or coconut shells — to create a char that is treated through high heat and an activating agent, enabling it to absorb more contaminants.

It's used in air filtration systems and given to patients during accidental poisonings. That second usage in emergency rooms is where a lot of the "lore" comes from with charcoal, says Dr. Julia Carroll, founder and director of Toronto-based Compass Dermatology and a lecturer at the University of Toronto.

"It's porous, so it absorbs whatever is around it — good, bad, or otherwise — so when you transition it into the beauty world, it can absorb oils, dirt, and water as well," Carroll says. Charcoal is safe when used topically, but could irritate sensitive skin, she adds.

What about using it internally? Charcoal-infused drinks and pills are trendy, but Carroll questions their efficacy.

"People say it helps hangovers and toxins, but there's no evidence for that," she says. And charcoal's spongelike quality also means good nutrients could be absorbed alongside the stuff people want to get rid of. "It doesn't discern between good and bad," Carroll explains.

In other words, if you're drinking a charcoal-infused juice, the charcoal could be extracting all the healthy nutrients from the drink. "It potentially defeats the purpose," says Wiseman. "It could potentially absorb all the good stuff as well, and your body would be wasting those nutrients."

Another popular charcoal usage — teeth whitening — also raised eyebrows among the experts.

Despite claims that charcoal can bind to plaque, there's no evidence it works, says Wiseman.

"I can't see any advantage of using (activated charcoal) as a toothpaste substitute," says Toronto dentist Dr. Jeff Shnall. Regular toothpaste is quite effective at stain removal, and gentler on dental work than abrasive activated charcoal powder, he adds.

While charcoal can scrub superficial stains off teeth, Shnall says the grains could find their way into the crevices and teeth and dental work, which could be tricky to remove. At best, he says, the charcoal would only remove surface stains, limiting its whitening ability because it doesn't penetrate teeth like professional whitening products. From a price perspective, charcoal-based products are often on par with other beauty buys. (There are various charcoal toothpastes and face scrubs online for less than $10, for instance.)

But with a lack of evidence supporting its use, charcoal doesn't live up to the beauty blogger buzz — but if brushing your teeth with it or lathering on a black face mask is your jam, it probably won't hurt you, either.

"It's not something that's in my regular routine to recommend," Carroll says. "If someone's using a charcoal-based product and they're happy with it, I won't stop them."

In my case, using a charcoal face mask on my always-sensitive skin didn't seem to have any long-lasting effects. My T-zone was oily within a few hours, my pores didn't seem to shrink, and I actually spotted a couple new breakouts. Sigh.

I'll stick to my drugstore soap.

JOHANNA SCHNELLER
WHAT I'M WATCHING

Detailed drama

Claire Foy's note-perfect accent in the historical Netflix series The Crown is sure to draw you in. CONTRIBUTED

THE SHOW: The Crown, S1, E2 (Netflix)
THE MOMENT: The King's Death

Despite his failing health, King George (Jared Harris) had a lovely day at Sandringham, his country estate. He hunted, sang a duet with his younger daughter Margaret (Vanessa Kirby), and watched on television as his elder daughter, Elizabeth (Claire Foy), arrived in Nairobi on her Commonwealth tour.

The next morning, George's valet and three footmen arrive to wake him. "7:30, sir," the valet says — then stops cold. Gently, he feels the King's wrist. He lays the hand on George's chest. Briefly, he rests his forehead on it.

The next five minutes is pretty much just shots of normally reserved English people, running. The valet runs down the stairs. George's wife (Victoria Hamilton) runs into his room. Margaret, coming into the hall, watches servants run by, and knows what happened.

A black car pulls up to 10 Downing Street; three people walk in very briskly. Churchill (John Lithgow) hangs his bulldog head.

"Call the foreign secretary," he says. "Tell him 'Hyde Park Corner.' He'll understand."

If hearing Foy's note-perfect accent — her Elizabeth pronounces her new husband's name "Phil-yip" — doesn't immediately convince you that you're in excellent hands with this series, then this bloody good sequence will.

Writer/creator Peter Morgan knows his way around a throne; he's previously written Henry VIII, The Last King of Scotland, The Other Boleyn Girl and The Queen. Producer/director Stephen Daldry (The Hours) is his perfect partner.

Together they whip up detail-rich, inside-the-palace drama that feels so convincing, you'll swear it was transcribed directly from the valet's diary.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

RETAIL

American Apparel files for bankruptcy protection, again

American Apparel is seeking bankruptcy protection for the second time in just over a year, unable to find its footing in a shifting retail landscape and after a contentious fight for control with company founder Dov Charney.

Canada's Gildan Activewear is buying the American Apparel brand, notorious for sexually provocative ad campaigns, for $66 million.

The Los Angeles retailer first filed for Chapter 11 bankruptcy protection in October 2015, about a year after it fired Charney for violating its sexual harassment policy. Charney's lengthy legal campaign to retake control of the company was rejected by a bankruptcy court judge in January.

Charney denies the sexual harassment charges and has claimed the company was taken from him in a "coup."

The company brought in CEO Paula Schneider to usher the company out of bankruptcy, but she left earlier this year as the turnaround stalled.

For more than a decade, American Apparel has been defined by, and criticized for, its racy ads, often depicting barely-dressed young women in sexually suggestive poses.

Though the ad campaign helped put American Apparel on the map, it has struggled like other retailers since the recession. A host of mall staples — Aeropostale, Pacific Sunwear, Wet Seal and Deilia's — have also filed for bankruptcy protection in the past few years.

Even as department stores like Macy's, Kohl's and Penney's prepare for a holiday season that may be the best in years, they have been unable to produce consistently positive results because consumer behaviour has shifted so drastically, both in where and what is bought.

Many more people shop on online, and more dollars are going toward technology, travel, or nights out.

American Apparel, which manufactures all of its clothes in the U.S., has lost money every year since 2010.

THE ASSOCIATED PRESS

LEARNING CURVE

The perils of post-secondary plagiarism

ISTOCK

As due dates loom and post-secondary priorities pile up around you, cutting corners may seem the only way to keep afloat academically this semester. But whether it's a notion recalled accidentally from a scholarly text or words deliberately lifted from the web, instances of plagiarism can wreak havoc on a student's academic path.

"Plagiarism, in any context, is using words, ideas, concepts, intellectual or the creative work of other people without giving those people recognition," says Fiona Green, chair of the senate academic standards and misconduct committee at the University of Winnipeg. "And it doesn't matter if one forgot to reference them; it is still plagiarism. Intent is not the issue, the act is."

With consequences from a knocked down grade all the way to expulsion, Green recommends avoiding plagiarism at all costs by taking precautionary steps every time a project is completed.

"Have someone else read the paper and have a discussion about it," advises Green as a start. "Can the student explain the ideas and arguments in the paper at the same level as what is written? If not, they are likely those of someone else and need to be referenced."

She adds that students should always make a sweep of the internet, where many fall prey to inadvertent parroting. "Do a search online for groups of words or sentences from the paper," says Green. "If they show up online, they are not original thoughts and need to be referenced."

Catherine Bolton, vice-provost of teaching and learning at Concordia University reminds that the issue of plagiarism can often rear its ugly head before the project has even begun.

"Many of these slips relate to time management," says Bolton. "Rushing at the end so that the student doesn't take the time to do that all important final read through."

"Obviously, one good way to avoid these types of problems is to give yourself enough time to complete the assignment," says Bolton, adding that being overtired can also cause students to miss vital details.

In the process of completing the assignment, Bolton further recommends that students change fonts and font colours for direct quotations and for paraphrases, so that they can see each one easily when they are doing their final edits. And when push comes to shove, a good break from a paper might be the key to avoiding the pitfalls of this all-too-common error.

"Put your work aside for an hour or two and then go back to it," says Bolton. "Mistakes can jump out at you when you read it with a fresh mind."

-LIZ BEDDALL

CONTRIBUTED

Big goals for the New York Institute of Technology

Earlier this month, New York Institute of Technology's (NYIT) Vancouver campus welcomed a new campus dean and executive director, who has some big goals for the post-secondary institution.

"One of my goals is to make people aware that we are here," says Irene Young, who has been a longtime administrator at educational institutions in the Vancouver area and will be responsible for both administrative and academic duties in her NYIT roles. "We are definitely not just an American university trying to swoop in, we really want to be part of this community. And what we offer, experiential learning, is very relevant to today's workforce."

Other goals of Young's include continuing to grow the campus, which opened nine years ago, launching new programs and looking into offering bachelor as well as PhD options. She is starting by helping to develop a new master of science in occupational therapy program.

"We have an osteopathic medical school so we are well established in the medical field," says Young. "Preliminary work is complete and we are working with the Ministry of Advanced Education to figure out what needs to be done to adapt the program for Vancouver."

Showcase

Irene Young will be on hand to greet the public at NYIT Vancouver's third annual Business Partner and Graduate Student Showcase on Nov. 23, during which graduate students from each program will exhibit projects on the topic of emerging fields of technology.

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CONTRIBUTED

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Fun is an important part of the experience of being an ECE specialist. Whether you're showing your class how to dance to music, read books together, express themselves through art or discover science and math concepts, you'll be helping your students learn through constructive and positive play.

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A variety of roles are available for ECE trained individuals, including day care worker and preschool teacher. You may even want to go into business yourself and become a daycare owner.

To start on your career in this fun, challenging and fulfilling career, start with the right educational program. The Early Childhood Education Certificate program at Vancouver Career College equips students with all the knowledge and skills they need.

CONTRIBUTED

For a limited time, the program is offering a $2,000 scholarship to help students with their studies.

To find out more, visit Vancouver Career College online at studyece.vccollege.ca or call 1-800-993-4086.

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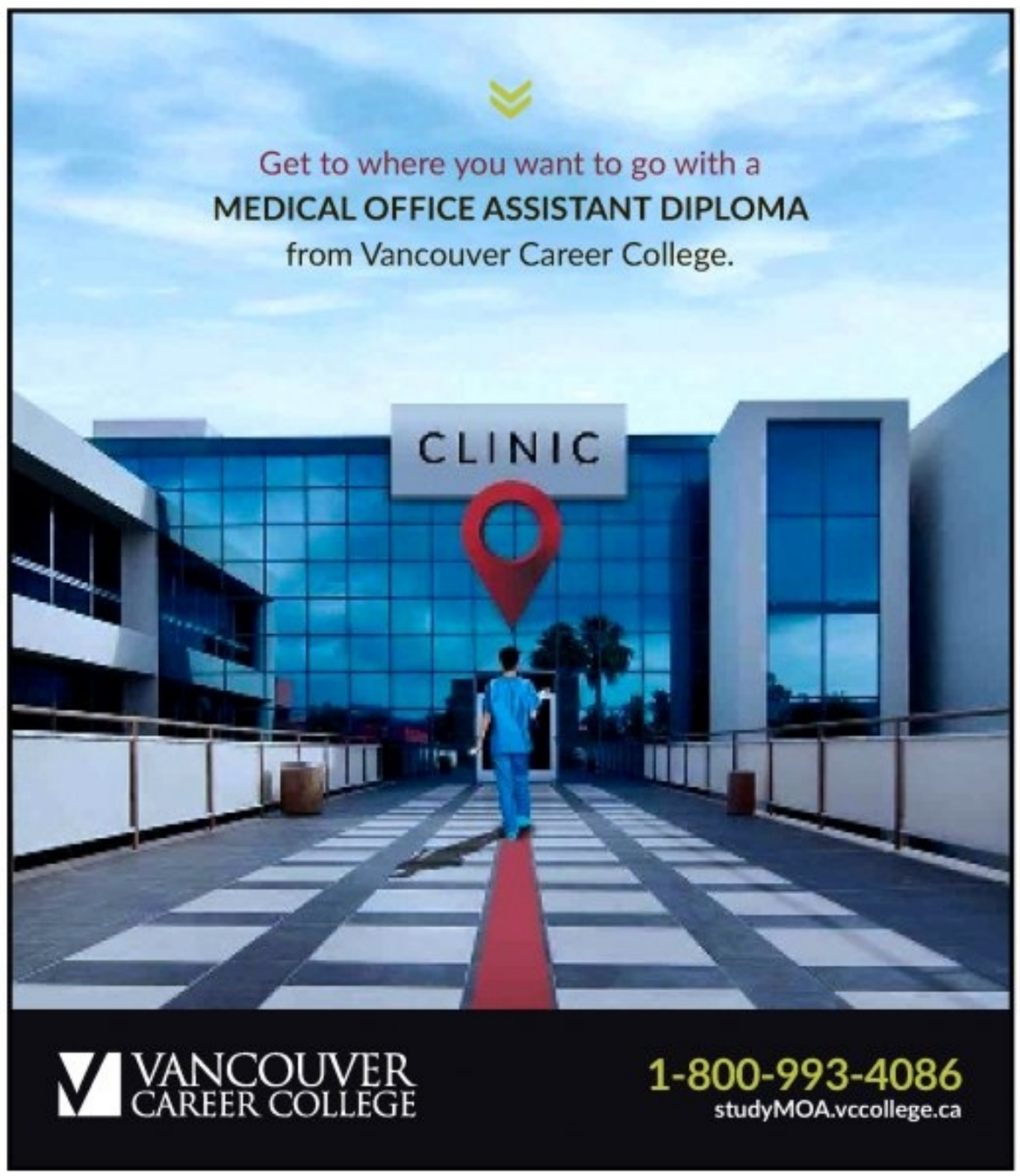

Therapeutic recreation program launched by demand

Older adults are the fastest growing age group in Canada and as a result therapeutic recreation is just one of the areas in which demand is increasing.

In response, Burnaby School District's Community and Continuing Education will launch a therapeutic recreation aide program in January.

"We felt that there was a need for this type of program and what makes it unique is that it is specifically gerontology based," says Linda Vanderheide, program coordinator for Burnaby Community and Continuing Education. "I think sometimes people don't understand what it is to be a therapeutic recreation aide. It isn't all about Bingo. In fact, the program trains you to provide wellness programs that will increase the quality of life of individuals within domains such as physical, mental, social and spiritual."

The six-month offering will be delivered in class on a full-time basis, offer a combination of theory and hands-on learning, and cover topics such as interpersonal communication, person-centred care, changes in the body with aging, dementia theory, practical approach to dementia, and lifestyle and choices. It will also include a four-week practicum.

"Practicums are facilitated with each student's input and we consider factors such as the type of facility a student wants to work in and location of the facility," Vanderheide says. "The primary role of the practicum is for students to apply the skills they have learned in class. There is also a great advantage to having a practicum because it may lead to a job."

Graduates of the program, says Vanderheide will be able to find employment in long-term care facilities, assisted living facilities, adult care centres, retirement homes and group homes, where they will provide comprehensive and creative offerings that include cognitive programs, music, gardening, fitness, games, social events, outings and entertainment.

"I am really excited about this program," she says. "The interesting part is many years ago I used to work in the field so I am very familiar with the value of it."

To learn more about the therapeutic recreation aide program, attend a free information session on Dec. 1 at 7 p.m. at Burnaby Central School (6011 Deer Lake Pky).

CONTRIBUTED

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INFORMATION SESSIONS AT BURNABY CENTRAL SCHOOL,
6011 DEER LAKE PARKWAY

Early Childhood Education
Part time, January and Sept intake
Free Information session Tue Dec 6
Basic at 6:30 pm / Post Basic at 8:00 pm

Medical Office Assistant
Full time, 15 weeks, $3690, starts January 11
Free Information session Tue Dec 6, 6:30 pm

Health Care Assistant
Full time, 6 months, $4975, starts April 10
Free Information session Tue Dec 6, 6:30 pm

Landscape Horticulture Apprenticeship (Level 1)
Full time, 6 weeks, $1250, starts January 16
Free Information session Tue Dec 6, 7:00 pm

Therapeutic Recreation Aide
Full time, $4650, starts January 30
Free Information session Thurs Dec 1, 7:00 pm

TESOL (ELL Teacher Training)
Part, $1990, starts Sept 2017
Free Information session Tues Dec 6, 7:00 pm

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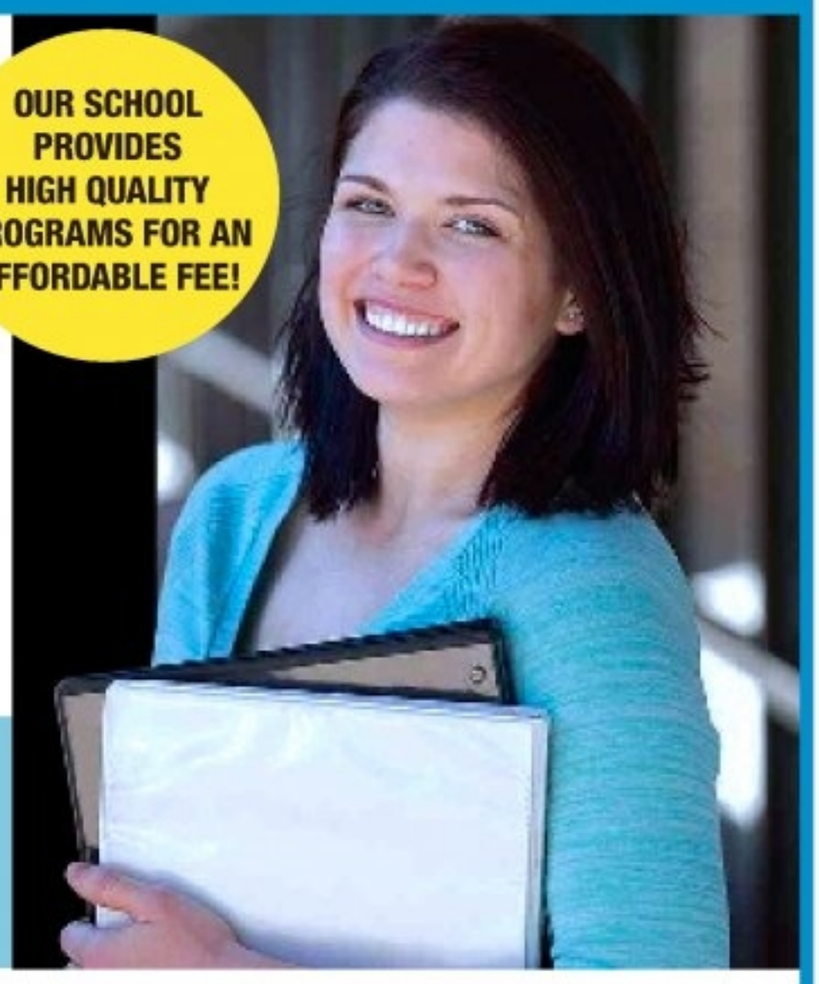

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Burnaby Community & Continuing Education — Career Training for Adults
Board of Education Burnaby School District 41
www.burnabycce.ca 604-296-6901

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Dental technician shortage means there are more jobs

An increased demand for dental technicians and a revamped curriculum and are two reasons to consider Vancouver Community College's (VCC) dental technology sciences diploma program, says the department leader of the school's dental technology sciences and denturist department.

"Due to a shortage of technicians that is already affecting the field there is and will continue be a high demand for experienced dental technicians," says Louis Chow. "In fact, a large number of registered dental technicians are expected to retire every year in Canada, especially in B.C.

"For our part, our program has been updated and significantly revised in response to new national and provincial dental technology competencies and a revised dental technology essential skills Canada profile."

The changes mean the program, which is based on the profession's regulatory body, the College of Dental Technicians of BC (CDTBC), integrates related knowledge that supports the professional, productive and skilled design, fabrication, modification and repair of removable and fixed dental prostheses and appliances used in orthodontics and oral and maxillo-facial surgery. Students learn many technical aspects and receive training in one of the field's biggest advancements: the use of computer-aided design/computer-aided manufacturing (CAD/CAM) technologies.

"Theory and authentic laboratory practical experiences are provided throughout. More than 50 per cent of the program is based on practical experience in VCC dental laboratories," says Chow of the four semesters students spend in an onsite VCC lab and a practicum in a full service commercial dental laboratory that takes up the majority of the final semester.

Graduates of VCC's dental technology sciences are eligible to write the licensing examinations according to the requirements of the CDTBC, says Chow. Most dental technicians, he says, are employed in small boutique or commercial dental laboratories as well as bigger operations.

"In large laboratories, dental laboratory technicians may work their way up to a supervisory level and train new technicians," he says. "Some private dental offices have in-house laboratories. The military, hospitals, suppliers and manufacturers also employ a large number of dental technicians.

"And this is the only allied dental field that offers practitioners the chance to become entrepreneurs by opening their own dental laboratory business."

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Program	Campus
English as an additional language	
Tuesday, Nov. 15, 10:30 a.m. – room 3566	Broadway
Access to careers and education	
Tuesday, Nov. 15, 11 a.m. – room 236	Downtown
Mon, Nov. 21, 11 a.m. – room 236	Downtown
Automotive trades	
Tuesday, Nov. 15, 11 a.m. – lobby, building A	Broadway
University transfer	
Tuesday, Nov. 15, 2:30 p.m. – room B1208	Broadway
Adult upgrading	
Tuesday, Nov. 15, 3:30 p.m. – room B1208	Broadway
Culinary arts	
Friday, Nov. 18, 9:30 a.m. – room 112 (theatre)	Downtown
Asian culinary arts	
Friday, Nov. 18, 1:30 p.m. – room 237	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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DeMar DeRozan was named Eastern Conference player of the week after averaging 34.7 points in three Raptors wins

West Division final pits teacher against the pupil

CFL PLAYOFFS

Buono won two Grey Cups with Stamps' Dickenson

Wally Buono and Dave Dickenson have a long history together as coach and player. Dickenson was a quarterback on Buono's teams for nine seasons with the Calgary Stampeders and then the B.C. Lions.

One will block the other's path to this year's Grey Cup when they go head to head coaching in Sunday's West Division final.

Dickenson, in his first year as head coach of the Stampeders, faces a man who has been a head coach in the CFL for 22 seasons. Of the five Grey Cups that Buono has hoisted, Dickenson was in on two of them — one as a Lion in 2006 and the other as a Stampeder in 1998.

Dickenson's Stampeders (15-2-1) and Buono's Lions (12-6) clash Sunday at McMahon Stadium for the right to play in the Grey Cup in Toronto on Nov. 27.

"Wally, he runs a tight ship and the players know what to expect," Dickenson said Monday. "A lot of the strategy of the game-time stuff is done by his assistant coaches. I'm sure he has input. It's not that different than what I do. I've got a little bit more input on the offence and I think he has more input on the defence.

"Wally loves the game. He's been at it a long time. The game's been good to him. He'll tell you that. I thought he did a great job this year. I know he's given me some recognition in the media and I have to give it back."

The Lions, one of just two teams to beat Calgary this season, topped the Stampeders 20-18 in their season opener June 25. The Stampeders lost their regular-season finale 17-8 to the Montreal Alouettes.

Calgary edged B.C. 44-41 with an overtime field goal July 29 and beat the Lions decisively 37-9 on Aug. 19 in Vancouver.

The Lions are coming off a 32-31 win over the Winnipeg Blue Bombers in the division semifinal Sunday.

Lions quarterback Jonathan Jennings scored a spectacular rushing touchdown with a minute and a half to play. Bombers kicker Justin Medlock missed a 61-yard field goal attempt to win the game at B.C. Place.

Calgary concluded its regular season with a bye, which puts three weeks between that loss to the Als and the division final. While flurries are in the forecast for Calgary this week, Sunday's outlook is mostly sunny with a high of two degrees for the afternoon kickoff.

Dickenson is OK with their extended break after watching the Lions and Bombers hammer away at each other Sunday.

"I think our guys would rather have that rest," Dickenson said. "To tell you the truth, not playing against such a quality opponent in the West semifinal — either team could have won or lost that game — so I think any team who had the bye is going to take it.

"We know we've got to be ready. Try to get after them early so they don't ride the momentum they just got from winning the game." THE CANADIAN PRESS

Lions receiver Emmanuel Arceneaux is tackled by Stampeders Brandon Smith, left, and Joe Burnett on July 29. The Stamps won the game 44-41 in overtime. JEFF MCINTOSH/THE CANADIAN PRESS

GETTY IMAGES FILE

Mentally, there's no reason we shouldn't be at our best.
Dave Dickenson

NFL

Seahawks make statement in rising to occasion

Playing across the country on a short week and facing one of the top teams in the NFL coming off a bye, the Seattle Seahawks had every reasonable excuse available.

And yet, what could have been an expected setback instead became one of Seattle's most impressive regular-season wins under coach Pete Carroll.

"We've had our struggles, but fortunately enough we've been on the positive side of it," Seattle wide receiver Doug Baldwin said after the game. "So, as we continue to get healthy and continue to execute and get better at that, I think we'll continue to improve and hopefully continue to win."

Seattle's 31-24 victory over New England will be remembered for the final sequence — one that was eerily similar to when the teams met in the Super Bowl two years ago, except this time it was the Patriots who threw a failed pass from the 1-yard line. At Super Bowl XLIX, Russell Wilson's pass was intercepted by Malcom Butler, giving New England its fourth championship. On Sunday, Tom Brady's lob fell incomplete after an end-zone collision between Rob Gronkowski and safety Kam Chancellor, sending the Seahawks home with an unlikely victory.

66
C.J. Prosise rushed for 66 yards and had another 87 receiving.

As encouraging as Baldwin's three receiving touchdowns and Wilson's 348 passing yards — to go with an elusiveness in the pocket — were, the most important change for Seattle was a rushing attack that entered the week 30th in the NFL, averaging just 75 yards per game. Led by rookie C.J. Prosise, the Seahawks ran for 96 yards as a team. It's not a significant total, but it was Seattle's most yards on the ground since Week 3.

"It was the most aggressive that we've been, the most confident coming off the ball," Carroll said. "It was just the best outing that we've had. I think it all fit together." THE ASSOCIATED PRESS

C.J. Prosise GETTY IMAGES

IN BRIEF

Moyse busts down door to World Rugby Hall of Fame
Heather Moyse, whose achievements include three sports and Olympic gold, takes another remarkable step on her career path this week.

The 38-year-old enters the World Rugby Hall of Fame on Thursday and becomes just the second Canadian player to be so honoured, joining Gareth Rees. THE CANADIAN PRESS

NHL plans meetings regarding 2018 Olympics
The NHL hopes to inch closer to a decision on the 2018 Olympics later this week.

League officials will meet with the International Ice Hockey Federation in New York on Wednesday.

The league hopes to learn if the International Olympic Committee has budged at all with respect to money issues currently clouding the process. THE CANADIAN PRESS

Ratings spike for NFL's Sunday night matchup
The first Sunday night after the election produced the highest NFL ratings since Week 2, with an average of 22.51 million viewers tuning in for Seattle's 31-24 victory over New England.

NFL ratings have been on the decline this year. One theory has been the election and programs such as debates stole the attention of would-be football viewers. THE ASSOCIATED PRESS

Giants' gamble pays off in form of win over Bengals
Eli Manning threw his third touchdown pass of the game on a fourth-down gamble by rookie coach Ben McAdoo, and the New York Giants beat the Cincinnati Bengals 21-20 Monday night for their first four-game winning streak since 2013.

Manning threw scoring passes of 10 yards apiece to rookie Jerrell Adams and Odell Beckham in the first half and a game-winning three-yarder to rookie Sterling Shepard on a daring call with New York (6-3) down 20-14 early in the fourth quarter. THE ASSOCIATED PRESS

RECIPE Roasted Dijon Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you add the roasted flavor with the sweet and spicy mustard sauce you get double the deliciousness in this simple one-pot supper.

Ready in
Prep time: 20 minutes
Cook time: Xx
Serves 4

Ingredients
- 6 skinless, boneless chicken thighs
- Salt and pepper
- 1 tsp oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat oven to 425 F. Generously season chicken with salt and pepper.

2. Add oil to a large oven-safe skillet over medium heat. Add chicken and cook for 10 minutes (the meat will not be cooked through).

3. Transfer the skillet to the oven. Roast until chicken is cooked through, about 6-8 minutes.

4. Transfer chicken pieces to a platter. Return skillet to medium heat and add shallots and garlic; cook for about 1 minute. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to rewarm. Serve with your favourite sides.

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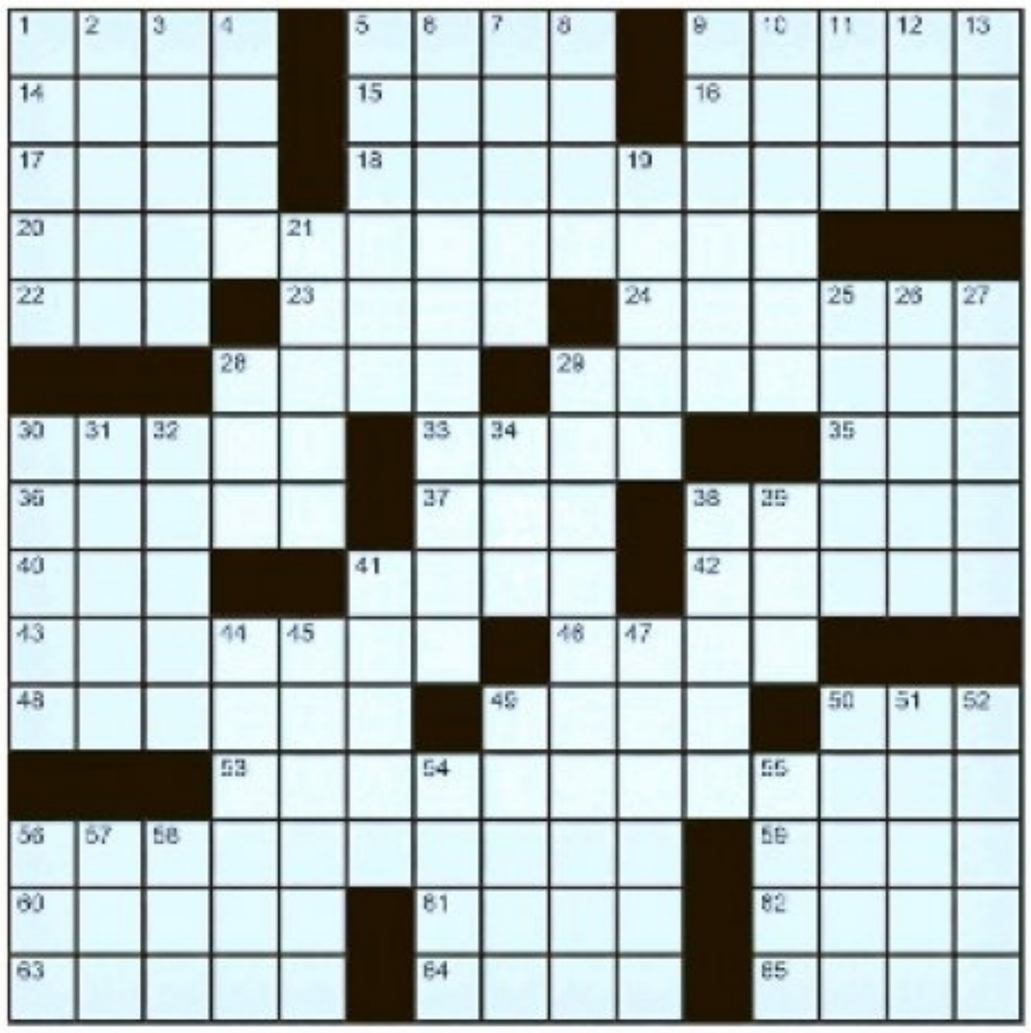
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _ decision
5. Best-liked, fun-style
9. "_ Frutti" by Little Richard
14. Parlour scoop holder
15. "That's reeeally going to happen.": 2 wds.
16. Workers' group
17. One who must pay
18. Eyewitnesses
20. Toronto-born actor (whose famous actor cousin is Raymond) who starred on the 1990s reboot of TV classic "Lassie" as Dr. Donald Stewart: 2 wds.
22. Certain caustic
23. Eyeglasses parts
24. From Madonna's "La Isla Bonita": "When it's time for _ you can watch them go by..."
28. _ and for all
29. Message transmitters
30. Rigoletto opera composer
33. Diplomacy
35. Putrefaction
36. Give off, as confidence
37. River inlet
38. ATM-user's motion with the card, maybe
40. Total
41. _ pickles
42. Not-leaving prisoner
43. Nutrition related
46. Radiate
48. Overseas
49. Barge _ _ (Intrude)
50. Even if, briefly
53. Carriage-pulling horses for The Royals of Britain: 2 wds.
56. Leftover flavour
59. Italian harp
60. Scottish estate proprietor
61. Car's fill-up
62. Long journey
63. Old West prop
64. Della Reese's role on "Touched by an Angel"
65. Hall & Oates' "_ Smile"

DOWN
1. Fiercely frown
2. "Never.": 2 wds.
3. Anoint, olde-style
4. Chipper
5. Material
6. Not balanced, as per patterns or arrangements
7. Travel endorsements
8. Immature newts
9. Listen to the "Mr. Dressup"
25. Font flourish
26. Figure of speech
27. Michaelmas daisy
28. Not even, as numbers
29. Do, Re and Mi and more: 2 wds.
30. Roman goddess of the hearth
31. Outlying residential area
32. Hearsay, States-style
34. Feel flu-ish
38. Biblical weapon
39. Drollness
41. Billy Joel hit: "We _ Start the Fire"
44. Strengths
45. The Rachel, in the 1990s, for one
47. Gourmet mushrooms
49. Debated topic
50. The earth
51. Overly active
52. City of canals in Japan
54. Electro music's _ Punk
55. City rodents
56. Completely
57. Air travel overseer [acronym]
58. Poetic contraction

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day for study and intellectual discussions. It's also an excellent day to pursue opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
Travel for pleasure appeals. Investigate how the wealth and resources of others can help you get what you want.

Gemini May 22 - June 21
This is a positive day for you, because fiery Mars is energizing your ruler, Mercury. Naturally, conversations with partners and close friends will be lively!

Cancer June 22 - July 23
You will take a hands-on approach to your job today because you are full of bright ideas that you want to implement. It's a good day to talk to co-workers.

Leo July 24 - Aug. 23
You are a creative sign, and today is a creative day for you! Act on your artistic urges. Enjoy playful activities with younger people.

Virgo Aug. 24 - Sept. 23
You have lots of energy for family discussions and practical projects like home improvements. This is a good day to tackle home repairs and plan how to better secure where you live.

Libra Sept. 24 - Oct. 23
) Today you are talkative, lively, energetic and interested in everything around you. This is a great day to meet new faces and see new places, because you are up for anything!

Scorpio Oct. 24 - Nov. 22
Trust your moneymaking ideas today, because you have lots of mental energy to think about earnings and cash flow. You also will be persuasive in financial discussions.

Sagittarius Nov. 23 - Dec. 21
Today Mercury is in your sign, dancing with fiery Mars. This makes you intellectually sharp, curious and verbally adroit. You can sell snow to the Eskimos!

Capricorn Dec. 22 - Jan. 20
This is a wonderful day for research of any kind, because not only are you mentally keen, you have lots of energy to seek out solutions to old problems and to find hidden answers.

Aquarius Jan. 21 - Feb. 19
Conversations with friends and groups will be successful today, because you know what you want to say and you won't hesitate to say it. People want to join your team!

Pisces
Feb. 20 - March 20
This is a good day to talk to bosses, parents and VIPs about what you want, because people will listen to you today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2	8	6	7	3	9	4	5	1
9	5	1	4	2	6	7	8	3
8	4	2	9	1	5	6	3	7
5	3	9	6	4	7	1	2	8
6	1	7	2	8	3	5	9	4
7	2	5	3	9	1	8	4	6
4	6	8	5	7	2	3	1	9
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